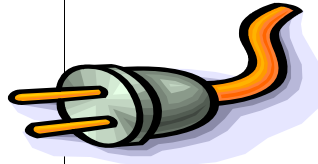

















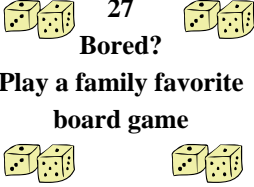




March 2009

Needham Unplugged

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Needham Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of a plug. The activities listed below emphasize person-to-person interaction, health, and wellness and are for all Needham students and their families. For more information please contact the Needham Youth Commission at 781-455-7518 or online at www.needhamma.gov/youthcommission. Happy Unplugged Month !!</p>					 <p>This is Needham Unplugged's 8th Year!</p>	
<p>1</p> <p>Puzzled??</p> <p><i>Complete a puzzle as a family</i></p> 	<p>2</p> <p>Trust Walk...</p> <p>Build trust by taking turns being blindfolded and led around the house</p>	<p>3</p> <p>Make Fruit Smoothies</p> 	<p>4</p> <p>SDRAWKCAB... (backwards)</p> <p>Eat dinner in reverse — start with dessert</p>	<p>5</p>  <p>Go through your closets ...and donate old clothes</p>	<p>6</p> <p>Make a Statement Day!</p> <p>Put your favorite quote on a white t-shirt</p>	<p>7</p> <p>Go Fish!</p> <p>Get out the cards and play your favorite card game...</p> 
<p>8</p> <p>Kids plan and cook dinner ...for parents</p> 	<p>9</p> <p>Learn more about a culture...</p> <p>Cook the food of a different country</p>	<p>10</p> <p>Go outside and stargaze...</p> <p>Where is that big dipper?</p> 	<p>11</p> <p>Read...</p> <p>Go to a book store and everyone gets a new book</p>	<p>12</p> <p><i>This is a no home-work & no meeting night for all of Needham students</i></p>	<p>13</p> <p>Kids Work-Out</p> <p>4-6pm for ages 10-13 @ YMCA</p> 	<p>14</p> <p>Take a stroll at Ridge Hill...</p> <p>Maps available at Park & Recreation</p> 
<p>15</p> <p>Marshmallow Roast</p>  <p>...by candlelight</p>	<p>16</p> <p>Take Cover!!</p> <p>Build a fort out of couches and blankets</p>	<p>17</p> <p>St. Patrick's Day</p> <p>Eat only things that are green today!</p> 	<p>18</p> <p>Music Time</p> <p>Kids chose the music to serenade the entire family during dinner</p> 	<p>19</p> <p>Turn off all the Lights...</p> <p>Have a conversation in total darkness</p> 	<p>20</p> <p>Email-Free Friday</p> <p>Can you talk face-to-face instead of sending Emails? All day?</p>	<p>21</p> <p>Volunteer</p> <p>Do a volunteer project as a family</p> 
<p>22</p> <p>Read... Some More</p> <p>Everyone checks out a book from the Library</p> 	<p>23</p> <p>Write...</p> <p>A letter to someone special</p> 	<p>24</p> <p>Set Roots!</p> <p>It is too cold outside — so plant an indoor garden</p> 	<p>25</p> <p>Have Breakfast...</p> <p>For dinner</p> 	<p>26</p> <p>Go out to a new restaurant as a family</p>	<p>27</p> <p>Bored?</p> <p>Play a family favorite board game</p> 	<p>28</p> <p>Mini-vacation</p> <p>Go into Boston and sightsee or go to a show</p> 
<p>29</p> <p>Free Family Swim</p> <p>1:30-3:00pm YMCA pool site</p>	<p>30</p> <p>Take a walk during a sunrise or a sunset...</p> 	<p>31</p> <p>Brainstorm..</p> <p>A cool April Fools Day Trick</p>	<p>Created by:</p> <p>Needham Youth Commission Needham Park and Recreation Charles River YMCA</p>			